

A close-up photograph of a white ceramic plate filled with fusilli (shell-shaped) pasta. The pasta is coated in a vibrant green pesto sauce. Interspersed among the pasta are several halved cherry tomatoes, some of which are slightly charred. A silver metal fork is placed on the right side of the plate, partially submerged in the pasta. The plate sits on a rustic wooden surface. In the upper left background, a light-colored, textured cloth is visible. In the upper right background, another white plate with a golden-brown, buttery dish is partially visible.

the
scoop

**THE SCOOP PREMIER HEALTHY RECIPE BOOK
FEATURING US FOODS® NOURISH**

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Special Thanks to the Culinary Committee Members:

David Iott ▪ Stan Hodes ▪ Craig Mombert ▪ Chris Martin ▪ Bob Gilardi ▪ Paula Williams ▪ Scott C. Anderson
Matt Cervay ▪ Steve Cerullo ▪ Ryan McNulty ▪ Ron DeSantis

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Alaskan Sole Panzanella Salad

Servings: 25

Serving size: 1 sole panzanella salad

INGREDIENTS

25 ea Harbor Banks® Flour Dusted Alaskan Sole
 3 T Garlic, minced
 6 ea Red Bell Peppers, julienned
 2 ea Red Onions, julienned
 6 ea Zucchini, half moons
 4 ea Focaccia Loaves, cubed and toasted
 3 pts Assorted Mini Heirloom Tomatoes
 3 oz Basil, julienned
 5 c Monarch® Balsamic Vinaigrette
 1 c Low-Fat Parmesan Cheese, shredded



PREPARATION

1. Prepare Flour Dusted Alaskan Sole per cooking instructions (bake or pan sear).
2. Sauté garlic, peppers, onions and zucchini.
3. Place sautéed vegetables, toasted focaccia, basil and balsamic vinaigrette in a mixing bowl and toss lightly.
4. Place 2 c. of mixed ingredients onto a plate and serve with one portion Flour Dusted Alaskan Sole. Garnish with assorted mini heirloom tomatoes and shredded low-fat Parmesan cheese.

Asian Super Slaw

Servings: 25

INGREDIENTS

4 c Cross Valley Farms® Superfood Slaw
 ¼ t Soy Sauce
 ¼ t Lemon Juice
 ¼ t Vegetable Oil
 2 T Ginger, grated
 2 T Rice Wine Vinegar
 4 T Harvest Value® Honey
 2 t Sesame Oil
 2 t Sesame Seeds



PREPARATION

1. Whisk all ingredients together.
2. Pour over Superfood Slaw; mix to combine and serve.

Asian Superfood Salad with Mandarin Segments and Sesame

Servings: 25

Serving size: 8 oz. of Superfood Salad with vinaigrette, toasted almonds and mandarin oranges

INGREDIENTS

13 lbs Cross Valley Farms® Superfood Salad
 4 ½ lbs Toasted Almonds, sliced
 3 qts Mandarin Oranges
 2 ½ qts Sesame/Honey/Soy Vinaigrette
 1 ½ qts Soy Sauce
 1 pt Sesame Oil
 1 pt Honey



PREPARATION

1. Prepare sesame honey vinaigrette.
2. Lightly toss 8 oz. of Superfood Salad with 3 oz. of toasted, sliced almonds, 3 oz. of mandarin oranges and 3 oz. of vinaigrette.
3. Substitution note: 2 ½ qts. of Monarch® Stir Fry Base.

BBQ Chicken Strip Flatbread

Servings: 25

Serving size: 1 naan flatbread topped with 3 oz. of Premium Chicken Breast Strips

INGREDIENTS

4 ½ lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
 25 ea Whole Wheat Naan Flatbread
 1 ½ qts BBQ Sauce
 2 lbs Low-Fat Mozzarella Cheese, shredded
 1 lb Red Onions
 1 lb Green Bell Peppers
 1 T Red Pepper Flakes
 1 lb Low-Fat Parmesan Cheese, shredded



PREPARATION

1. Combine 3 oz. of cooked Premium Chicken Breast Strips with 1 oz. of BBQ sauce to coat the chicken.
2. Spread 1 oz. of BBQ sauce on flatbread, top with shredded low-fat mozzarella cheese, 3-oz. portions of BBQ chicken per individual, 1 T. of sliced bell peppers and 1 T. of onions.
3. Sprinkle red pepper flakes and low-fat shredded Parmesan cheese on top.
4. Send through impinger pizza oven or bake at 425°F for 7–9 minutes until cheese is bubbly and golden.
5. Cut flatbread into individual portions.

Chicken, Spinach and Mushroom Strata with Kale Pesto

Servings: 25

INGREDIENTS

- 16 oz Hilltop Hearth® Ancient Grainwich, cubed
- 1 lb White Mushrooms, sliced
- 18 oz Patuxent Farms® Premium Chicken Breast Strips, diced
- 8 oz Onions
- 6 oz Roseli® Kale Pesto
- 60 oz Cholesterol-Free Egg Mix
- 60 oz 2% Milk
- 1½ t Nutmeg
- 2 t Salt
- 2 t Black Pepper
- 9 oz Mozzarella Cheese
- 8 oz Fresh Spinach
- Oil Spray



PREPARATION

1. Combine milk, egg mix, salt, pepper, nutmeg, Kale Pesto and set aside.
2. Sauté onions with oil spray until lightly caramelized. Add mushrooms and cook until tender. Drain any water from pan and allow to cool.
3. Mix spinach, onions, mushrooms, bread cubes and chicken. Spray a casserole dish with oil spray and pour in mixture. Gently pour in custard mixture. Bake at 300°F for 1–2 hours in a regular oven in a sheet pan of water.
4. Place mozzarella cheese on the strata during the last 10 minutes of baking. Cool 15 minutes before cutting into 18 pieces.

Chicken Salad with Brown Rice and Quinoa

Servings: 25

Serving size: 8 oz., including 4 oz. of Premium Chicken Breast Strips, 4 oz. of grain blends

INGREDIENTS

- 6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked and chopped
- 5 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 lbs Cucumbers, diced
- 3 T Fresh Dill, chopped
- 2 lbs Cross Valley Farms® Superfood Salad
- 2 T Red Wine Vinaigrette
- 5 oz Roseli® Kale Pesto
- 1 c Pine Nuts
- 6 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1 T Lemon Juice



PREPARATION

1. Coat Superfood Salad with vinaigrette; place 1 oz. of mixture on bottom of serving dish.
2. Combine diced cucumber, Greek Yogurt Cream Cheese, fresh dill, Kale Pesto and cooked Premium Chicken Breast Strips.
3. Prepare Precooked Brown Rice & Quinoa Blend per package instructions to internal temperature of 165°F; then cool.
4. Layer 4 oz. of chicken salad over 4 oz. of Precooked Brown Rice & Quinoa Blend. Garnish with toasted pine nuts.

Additional Recipe Ideas:

Wrap: Combine 2 oz. each of cooked grain mixture, chicken salad mixture and Superfood Slaw into a whole-wheat wrap.
Sandwich: Portion chicken salad mixture on whole-grain bread and serve as a traditional deli sandwich.

Chicken Strip Fajitas

Servings: 25

Serving size: 6 oz., including 4 oz. of Premium Chicken Breast Strips, 2 oz. of peppers and onions

INGREDIENTS

- 6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- ¼ c Fajita Seasoning
- 4 lbs Peppers and Onions, julienned
- 25 ea Flour Tortillas
- 1 qt Fresh Salsa
- 1 qt Low-Fat Sour Cream
- 4 ea Fresh Limes, quartered
- 4 T Fresh Cilantro, chopped
- 4 T Extra Virgin Olive Oil



PREPARATION

1. Dust Premium Chicken Breast Strips with fajita seasoning and sauté in EVOO with peppers and onions over high heat.
2. Warm flour tortillas on griddle or steamer; set aside.
3. Serve chicken fajitas on warm tortillas with fresh salsa, low-fat sour cream, lime wedges and freshly chopped cilantro.

Deviled Eggs with Low-Sodium Crispy Bacon Topping

Servings: 25

Serving size: 6 halves

INGREDIENTS

- 75 ea Eggs, hard-boiled and peeled
- 6 c Low-Fat Mayonnaise
- 5 c Patuxent Farms® Lower Sodium Bacon, finely diced
- 1 T White Pepper
- Parsley Leaves as Garnish, if desired

PREPARATION

1. Cut eggs in half and gently place yolks into a mixing bowl. Combine yolks, low-fat mayonnaise and ¾ total amount Lower Sodium Bacon. Fill bottom of egg with remaining chopped bacon.
2. Using a pastry bag, pipe yolk mixture back into eggs. Garnish with additional bacon topping and a sprig of parsley, if desired.



Double the Bacon BLT Sandwich on Sourdough

Servings: 1

INGREDIENTS

- 3 ea Hilltop Hearth® Sourdough Bread Slices
- 3 ea Cross Valley Farms® Iceberg Lettuce Leaves
- 6 ea Patuxent Farms® Lower Sodium Bacon, cooked pieces
- 4 ea Cross Valley Farms® Tomato Slices
- 3 oz Monarch® Aioli Flavored with Real Bacon

PREPARATION

1. Toast slices of Sourdough Bread.
2. Layer Iceberg Lettuce, Tomato, then Lower Sodium Bacon.
Add Aioli Flavored with Real Bacon spread on all three slices of bread.



Egg White Breakfast Sandwich

Servings: 12

INGREDIENTS

- 2 qts Glenview Farms® Scrambled Egg White Mix
- 2 c Shredded Carrots
- 2 c Colby Jack Cheese
- 12 oz Glenview Farms® Greek Yogurt Cream Cheese
- 3 c Fresh Spinach
- 2 tsp Olive Oil
- 12 ea Hilltop Hearth® Ancient Grainwich
Monarch® Organic Sodium-Free Seasoning Blend

PREPARATION

1. Chop fresh spinach, shred carrots.
2. Heat olive oil in sauté pan. Sauté spinach and carrots. Add liquid egg mixture and heat; do not over-scramble.
3. Add cheese at the end of cooking; season with salt and pepper if desired.
4. Toast or griddle Ancient Grainwich; spread 1 oz. of Greek Yogurt Cream Cheese on top and bottom of carrier.
5. Fill with 6 oz. of cooked egg-and-cheese mixture. Wrap in deli paper to grab and go or serve plated with a choice of fresh sides.
6. For a more complete meal, serve with freshly sliced tomatoes dusted with Organic Sodium-Free Seasoning Blend or with fresh fruit on the side.



Fire-Pit Mahi Sticks with Smoky Bacon

Servings: 25

Serving size: 3 pieces

INGREDIENTS

- 75 ea Patuxent Farms® Lower Sodium Bacon Slices
- 75 ea Harbor Banks® Island Style Mahi Mahi Pieces
- 6 ¼ c Metro Deli® Caramelized Balsamic Onion Jam

PREPARATION

1. Wrap a slice of Lower Sodium Bacon around each piece of Island Style Mahi Mahi. Secure with a toothpick.
2. Deep-fry until bacon is crispy and fish is cooked through.
3. Serve with 2 oz. of Caramelized Balsamic Onion Jam.



Flour Dusted Alaskan Sole Tostadas

Servings: 25

Serving size: 2 Alaskan sole tostadas, including pineapple salsa, crunchy slaw, lemon-pepper aioli

INGREDIENTS

- 25 ea Harbor Banks® Flour Dusted Alaskan Sole
- 50 ea 6" Corn Tortilla
- 3 qts del Pasado™ Garden Fresh Salsa
- 6 lbs Cross Valley Farms® Superfood Slaw

Lemon-Pepper Aioli (makes two quarts)

- 1 ¾ qts Low-Fat Mayonnaise
- 5 T Lemon
- 5 tsp Dijon Mustard
- 1 T Garlic
- 3 T Black Pepper
- 2 c Pineapple Tidbits



PREPARATION

1. Prepare lemon-pepper aioli by blending the following: low-fat mayonnaise, lemon juice, lemon zest, Dijon mustard, minced garlic and black pepper. Combine salsa with pineapple tidbits.
2. Fry corn tortillas until crispy.
3. Prepare Flour Dusted Alaskan Sole per cooking instructions (bake or pan-sear).
4. Mix 4 oz. of Superfood Slaw with 2 oz. of aioli per serving (two tostadas).
5. Cut sole into strips and place on tostadas. Top with pineapple salsa and slaw mix.

Fried Green Tomato and Smoky Ghost Pepper Jack Sandwiches

Servings: 25

INGREDIENTS

- 12 ea Green Tomatoes, large, sliced 1/3"-thick
- Kosher Salt
- Freshly Ground Pepper
- 10 ea Eggs, large
- 6 c All-Purpose Flour
- 3 T Garlic Powder
- 1 T Paprika
- 12 c Panko (Japanese breadcrumbs)
- 3 c Vegetable Oil
- 25 ea Ciabatta Rolls, split
- 50 ea Patuxent Farms® Lower Sodium Bacon, cooked slices, crispy
- 50 ea Glenview Farms® Smoky Ghost Pepper Jack Cheese Slices



PREPARATION

1. Using paper towels, pat tomatoes dry, then season with salt and pepper. Whisk eggs in a shallow medium bowl. Whisk flour, garlic powder and paprika together in another shallow medium bowl. Place panko in a third shallow medium bowl.
2. Working in batches, dredge tomatoes in flour, then egg, and then in panko.
3. Fry tomatoes until golden-brown and crisp, about 3 minutes per batch. Transfer to a paper towel-lined baking sheet to drain.
4. Preheat broiler. Place one slice of Smoky Ghost Pepper Jack Cheese onto each side of cut rolls, and put on a baking sheet. Broil until cheese is melted, about 2 minutes. Build sandwiches with rolls, cooked Lower Sodium Bacon and fried green tomatoes.

Ginger Chicken Stir-Fry with Rice Noodles

Servings: 25

Serving size: 8 oz., including 5 oz. of chicken, 3 oz. of noodles and vegetables

INGREDIENTS

- 7¾ lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- 1 qt Monarch® Stir Fry Base
- 3 lbs Pancit/Rice Noodles
- 2 T Fresh Ginger, minced
- 2 lbs Asian Stir-Fry Vegetables
- 1 T Fresh Garlic, chopped
- 2 T Rykoff Sexton® Rice Bran Oil
- 2 T Sesame Seeds, toasted
- 3 T Green Onions



PREPARATION

1. Prepare noodles per package instructions. Toss with Rice Bran Oil once cooked.
2. Sauté ginger, garlic and fully cooked chicken breast strips. Combine Asian stir-fry vegetables with Stir Fry Base; sauté vegetables al dente.
3. Combine with cooked noodles and garnish with toasted sesame seeds and green onions.

ADDITIONAL RECIPE IDEAS

Substitute pancit/rice noodles with Chef's Line® Precooked Brown Rice & Quinoa Blend.

Grilled Chicken Breast with Kale Pesto-Dressed Brown Rice and Quinoa

Servings: 25

Serving size: 8 oz., including 4-oz. chicken breast, 4 oz. of kale pesto-dressed brown rice and quinoa blend

INGREDIENTS

- 2 c Roseli® Kale Pesto
- 6 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 6¼ lbs Patuxent Farms® Premium Chicken Breast Strips
- 2 T Shallots, minced
- 1 lb Butternut Squash, diced
- 2 lbs Red Bell Peppers, diced
- 1 T Fresh Garlic, chopped
- 3 T Extra Virgin Olive Oil
- 3 c Roasted Corn or Seasonal Vegetable
- Monarch® Organic Sodium-Free Seasoning Blend



PREPARATION

1. Season Premium Chicken Breast Strips with Organic Sodium-Free Seasoning Blend to taste.
2. Prepare Precooked Brown Rice & Quinoa Blend per cooking instructions on packaging.
3. Sauté red bell peppers and add Precooked Brown Rice & Quinoa Blend to sauté pan, sautéing rice and quinoa for approximately 9 minutes. Add butternut squash, vegetables, garlic and chopped shallots in EVOO. Combine with Kale Pesto.
4. Serve chicken over 4-oz. side of seasonal vegetables, Kale Pesto and sautéed Precooked Brown Rice & Quinoa Blend.

Grilled Chicken Breast with Greek Spaghetti Squash Casserole

Servings: 4

INGREDIENTS

- 4 ea Chicken Breast, fully cooked
- 1 ea Spaghetti Squash
- 4 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1 oz Lemon Juice
- 1 t Extra Virgin Olive Oil
- 2 oz Red Onion, minced
- 2 oz Fresh Garlic, minced
- 1 T Fresh Tarragon
- 2 oz White Wine or Vegetable Stock



PREPARATION

1. Steam spaghetti squash, keeping flesh firm. Chill to touch. Using a fork, make strands spaghetti-like.
2. Sauté red onion, garlic and tarragon in extra virgin olive oil until tender.
3. Deglaze pan with white wine/vegetable stock.
4. Mix above with spaghetti squash. Add Greek Yogurt Cream Cheese and lemon juice. Combine gently and place in baking pan.
5. Place in 375°F oven, uncovered, and bake until golden.
6. Slice cooked chicken breast or serve whole if desired.

Grilled Chicken Kale Pesto Penne Pasta Bake

Servings: 25

Serving size: 10 oz., including 4 oz. of Premium Chicken Breast Strips, 6 oz. of penne pasta with Kale Pesto

INGREDIENTS

16 oz Roseli® Kale Pesto
 6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
 2 T Fresh Garlic, chopped
 3 T Extra Virgin Olive Oil
 1 pt White Cooking Wine
 2 lbs Whole Wheat Penne Pasta
 1 lb Mushrooms, sliced
 1 lb Yellow Squash, sliced into half moons
 1 lb Chickpeas
 1 lb Mini Heirloom Tomatoes, halved
 1 qt Vegetable Stock
 8 oz Low-Fat Parmesan Cheese, shredded
 6 oz Low-Fat Mozzarella Cheese, shredded



PREPARATION

1. Sauté Premium Chicken Breast Strips, garlic and vegetables in EVOO. Deglaze with white wine and vegetable stock; then combine with Kale Pesto.
2. Cook pasta in salted water, drain (do not rinse) and combine with pesto wine sauce, chicken breast strips and chickpeas.
3. Place mixture in hotel pan, combine with both cheeses, and bake at 350°F till bubbly and thoroughly heated. Fold in sliced mini heirloom tomatoes just before serving.
4. Serve 10 oz. of pasta bake with crusty, warm French bread or Hilltop Hearth® Ancient Grainwich.

Grilled Vegetable Panini on Ancient Grainwich

Servings: 25

Serving size: 1 sandwich

INGREDIENTS

25 ea Hilltop Hearth® Ancient Grainwich
 50 ea Provolone Cheese, sliced
 5 lbs Grilled Vegetables (3 oz. per sandwich), sliced
 10 oz Roseli® Kale Pesto
 20 oz Chef's Line® Hummus



PREPARATION

1. Combine Kale Pesto and hummus as a spread. Spread both sides of Ancient Grainwich with Kale Pesto spread.
2. Fill sandwich with 3 oz. of grilled vegetables and sliced provolone cheese.
3. Heat panini press; griddle top and bottom of sandwich. Cut and serve with chips or your favorite side dish.

Ham, Goat Cheese and Arugula Sandwich

Servings: 1

INGREDIENTS

4 oz Patuxent Farms® Lower Sodium Ham with Natural Juices
 ½ c Fresh Arugula
 2 oz Goat Cheese
 2 oz Stone- Ground Mustard
 2 ea Hilltop Hearth® Wheatberry Bread Slices
 2 ea Tomato Slices
 1 oz English Cucumber
 1 T Vinaigrette



PREPARATION

1. Shave ham thinly, crumble goat cheese and reserve. Slice tomatoes and cucumbers and reserve.
2. Lightly toss arugula with vinaigrette and set aside.
3. Begin building the sandwich by spreading mustard between two slices of bread. Then, neatly arrange ham between the two slices.
4. On one piece of the sandwich, layer the following: arugula, crumbled goat cheese, tomato slices and cucumber slices. Then, gently place the remaining half of the sandwich on top.
5. Gently cut on a bias and garnish with your accompaniment of choice. Serve immediately.

Hot Brown Sandwich with Brown Gravy

Servings: 25

Serving size: 1 open-faced sandwich topped with 3 oz. of turkey, 3 oz. of brown gravy and additional ingredients

INGREDIENTS

25 ea Hilltop Hearth® Potato Hamburger Buns or Sliced Pullman Loaf Bread
 2 ½ qts Monarch® Brown Gravy Mix, prepared
 4 ½ lbs Jennie-O® Oven Roasted Turkey Breast
 1 ½ lbs Low-Fat Parmesan Cheese, shredded
 1 c Pimentos
 50 ea Bacon Slices
 4 T Fresh Parsley
 6 ea Vine-Ripened Tomatoes



PREPARATION

1. Slice Oven Roasted Turkey Breast, toast Potato Hamburger Bun or sliced pullman loaf bread, prepare gravy per package instructions, cook bacon, dice pimentos and chop parsley.
2. In oven-proof skillet, place toasted bread on bottom; top with 3 oz. of sliced turkey, 3 oz. of gravy, 2 T. of shredded low-fat Parmesan cheese.
3. Place in salamander or broiler till bubbly.
4. Top with 1 T. pimento and 2 slices of warm bacon, chopped fresh parsley, 2 sliced tomato wedges, and serve hot.

Kale Pesto Bruschetta with Goat Cheese and Charred Tomatoes

Servings: 25

Serving size: 2 pieces bruschetta

INGREDIENTS

- 1 pt Roseli® Kale Pesto
- 2 ea Chef's Line® French Baguette
- 1 lb Goat Cheese
- 1 lb Glenview Farms® Greek Yogurt Cream Cheese
- 3 lbs Cross Valley Farms® Mini Heirloom Tomatoes
- 1 c Extra Virgin Olive Oil
- 1 tsp Granulated Garlic
- 1 T Parsley
- 1 tsp Salt and Pepper



PREPARATION

1. Cut and toast French baguette with EVOO that has been seasoned with salt and pepper, parsley and granulated garlic.
2. Combine Greek Yogurt Cream Cheese and goat cheese; spread 1 tsp. of mixture on toasted bruschetta pieces.
3. Cut Mini Heirloom Tomatoes in half; coat with EVOO, salt and pepper. Char tomatoes under broiler or salamander for 1–2 minutes.
4. Place 2 charred tomatoes on each cheese bruschetta. Drizzle Kale Pesto over charred tomatoes.

Kale Pesto Chicken Salad Sandwich

Servings: 25

Serving size: 6 oz. of chicken salad on toasted Ancient Grainwich

INGREDIENTS

- 1 c Roseli® Kale Pesto
- 2 c Low-Fat Mayonnaise
- 1 c Glenview Farms® Greek Yogurt Cream Cheese
- 2 lbs Celery, diced
- 7 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked and chopped
- 2 c Red Bell Peppers, sliced and roasted
- 2 T Monarch® Organic Sodium-Free Seasoning Blend
- 25 ea Hilltop Hearth® Ancient Grainwich
- 50 ea Tomato Slices
- 1 lb Arugula



PREPARATION

1. Toast Ancient Grainwich.
2. Prepare dressing: combine Kale Pesto, low-fat mayonnaise and Greek Yogurt Cream Cheese with Organic Sodium-Free Seasoning Blend.
3. Combine fully cooked Premium Chicken Breast Strips with celery pieces and dressing; keep chilled.
4. Build sandwich with 2 slices tomato on the bottom, 6 oz. of salad, 2 T. arugula, 1 T. roasted red bell pepper strips and top with toasted bun.

Low-Sodium Ham and Broccoli Crepes Mornay

Servings: 25

Serving size: 3 crepes

INGREDIENTS

- 75 ea Cooked Crepes
- 75 ea Patuxent Farms® Lower Sodium Ham with Natural Juices, thin slices
- 75 ea Swiss Cheese Slices
- 18¾ c Broccoli Florets, cooked, cooled, 2 oz. per serving
- 18¾ c Low-Fat White Sauce



PREPARATION

1. Lay crepes onto work surface; place 1 slice of ham, 1 slice of cheese, a few broccoli florets and 1 T. of low-fat white sauce onto each crepe.
2. Roll up crepes, placing seam side down into serving dishes. Drizzle with remaining low-fat white sauce.
3. Bake covered at 350°F until hot throughout. Garnish with additional broccoli if desired. Portion: 3 crepes per person.

Low-Fat White Sauce

- ¾ c All-Purpose Flour
- 1¼ gal 1% Milk
- 2 T Ground Nutmeg
- 3 qts Low-Fat Parmesan Cheese, grated
- 5 T Butter
- ¼ t Freshly Ground White Pepper

PREPARATION

Whisk flour in heavy, medium saucepan to remove any lumps. Gradually add low-fat milk, whisking until smooth. Add nutmeg; whisk over medium heat until mixture thickens and boils, about 10 minutes. Remove from heat. Whisk in Parmesan and butter. Season with salt and pepper.

Low-Sodium Ham Cups

Servings: 25

Serving size: 3 ham cups

INGREDIENTS

- 75 ea Patuxent Farms® Lower Sodium Ham with Natural Juices
- 40 oz Liquid Eggs
- 10 oz Low-Fat Milk
- 20 oz Swiss Cheese, shredded
- 2½ lbs Asparagus, woody stems removed, cut into small dice
- 1 t Salt and White Pepper
- 1 t Nutmeg



PREPARATION

1. Preheat oven to 350°F. Spray muffin tins with pan spray. Line 75 indentations in the muffin tins with a slice of ham so that the edges are slightly above the rim of the tin.
2. In a mixing bowl, mix together the liquid egg and low-fat milk, and season with nutmeg, salt and pepper.
3. Portion 1 tsp. of shredded cheese and asparagus into each ham cup. Top with egg mixture.
4. Bake until custard is just set and a knife inserted comes out clean. Let cool 10 minutes before gently removing.

Mediterranean Chicken Salad Napoleon with Ancient Grains

Servings: 25

INGREDIENTS

- 6 lbs Patuxent Farms® Premium Chicken Breast Strips
- 5 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 lbs Cucumbers, diced
- 3 T Fresh Dill, chopped
- 2 lbs Cross Valley Farms® Superfood Salad
- 2 T Red Wine Vinaigrette
- 5 oz Roseli® Kale Pesto
- 1 c Pine Nuts
- 2 c Mandarin Orange Segments
- 3 T Balsamic Reduction/Glaze
- 6 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1 T Lemon Juice



PREPARATION

1. Coat Superfood Salad with vinaigrette; place 1 oz. on bottom of serving plate.
2. Combine diced cucumber, Greek Yogurt Cream Cheese, fresh dill, Kale Pesto and Premium Chicken Breast Strips.
3. In a separate bowl, combine cooked grains with orange segments and lemon juice, and season with salt and pepper.
4. Layer 4 oz. of chicken salad over 4 oz. of whole grain and orange mixture; garnish with toasted pine nuts and drizzle with balsamic glaze.

Mini Greek Yogurt Cream Cheese and Berry Parfaits

Servings: 25

Serving size: 3 oz.

INGREDIENTS

- 1 lb Glenview Farms® Greek Yogurt Cream Cheese
- 1 lb Soft Goat Cheese
- 1 pt Low-Fat Plain Greek Yogurt
- 2 lbs Assorted Fresh Berries (Blueberries, Raspberries, Blackberries)
- 1 c Honey
- 1 c Fresh Whipped Cream
- 2 T Fresh Mint



PREPARATION

1. Prepare soft goat cheese with Greek Yogurt Cream Cheese and Greek yogurt; blend well and fill a pastry bag fitted with a wide tip.
2. Gently combine fresh berries with honey.
3. Layer 1.5 oz. of cheese mixture and 1.5 oz. of berry mixture in a dish. Top with fresh whipped cream and mint leaf.

Modern Super Slaw

Servings: 25

INGREDIENTS

4 c Cross Valley Farms® Superfood Slaw

Slaw Dressing:

½ c Monarch® Mayonnaise

2 T Glenview Farms® Sour Cream

2 T Sugar

2 T Monarch White Vinegar

1 T Dry Mustard

1 t Celery Salt

1 T Salt

½ T Black Pepper



PREPARATION

1. Combine all ingredients except Superfood Slaw to create the dressing; mix well.
2. Pour over slaw and season with salt and pepper.
3. Substitute coleslaw dressing, if desired.

Oven-Baked Chicken Cordon Bleu with Dijon Parmesan Sauce

Servings: 4

INGREDIENTS

4 ea Chicken Breast

4 oz Patuxent Farms® Lower Sodium Ham with Natural Juices

4 ea Swiss Cheese Slices

2 T Dijon Mustard

1 c Chicken Stock

1 c 2% Milk

2 oz All-Purpose Flour

2 oz Butter

1 oz Italian Parsley, chopped



PREPARATION

1. On a sheet pan, layer a slice of the Lower Sodium Ham with Natural Juices on the chicken breast and top with a slice of Swiss cheese. Place in a 375°F oven and bake for 20–25 minutes, or until juices run clear.
2. Melt butter in a medium saucepan over medium heat. Whisk in flour and continue to whisk consistently for 1–2 minutes.
3. Slowly pour in milk; then stir in the chicken stock and whisk until sauce begins to thicken, about 5 minutes.
4. Remove sauce from heat and stir in mustard and low-fat Parmesan cheese until well combined. Drizzle the sauce over the chicken and garnish with parsley.

Pasta Linguine with Kale Pesto and Roasted Mini Heirloom Tomatoes

Servings: 25

Serving size: 8 oz.

INGREDIENTS

- 3 lbs Roseli® Kale Pesto
- 9 lbs Linguine
- 2 T Fresh Garlic, chopped
- 1 c White Cooking Wine
- 2 lbs Cross Valley Farms® Mini Heirloom Tomatoes
- 3 T Extra Virgin Olive Oil
- 1 c Low-Fat Parmesan Cheese, shredded
- 4 T Fresh Parsley, chopped
- 1 T Monarch® Organic Sodium-Free Seasoning Blend



PREPARATION

1. Prepare linguine, drain (do not rinse). Coat with Kale Pesto.
2. Toss chopped fresh garlic and Mini Heirloom Tomatoes in EVOO. Char under salamander or broiler; dust with Organic Sodium-Free Seasoning Blend.
3. Gently combine 2 oz. of tomatoes with 6 oz. of pesto pasta; garnish with shredded low-fat Parmesan cheese and chopped fresh parsley.

Seared Salmon with Kale Pesto-Dressed Brown Rice and Quinoa

Servings: 25

Serving size: 4 oz. of seared salmon, 4 oz. of kale pesto-dressed brown rice and quinoa

INGREDIENTS

- 2 c Roseli® Kale Pesto
- 6 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 25 ea 4-oz. Salmon Fillets
- 2 T Shallots
- 2 lbs Red Bell Peppers, diced
- 1 T Chopped Fresh Garlic
- 3 T Extra Virgin Olive Oil
- 3 c Seasonal Vegetables



PREPARATION

1. Season salmon with salt and pepper and pan-sear.
2. Prepare Precooked Brown Rice & Quinoa Blend per cooking instructions to 165°F.
3. Sauté red bell peppers, seasonal vegetables, garlic and chopped shallots in EVOO; combine with Kale Pesto.
4. Serve seared 4-oz. salmon fillet over 4-oz. side of seasonal vegetables and prepared Precooked Brown Rice & Quinoa Blend.

Southern Chicken Pot Pie with Poultry Gravy

Servings: 25

INGREDIENTS

5 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
 1½ qts Monarch® Poultry Gravy Mix, prepared
 1 T Butter
 1 c Half & Half
 8 c Peas and Carrots, frozen
 2 T Dried Basil
 1 tsp Garlic Powder
 25 ea Hilltop Hearth® Buttermilk Biscuits



PREPARATION

1. Prepare Poultry Gravy Mix per package instructions. Combine cooked, diced Premium Chicken Breast Strips with prepared Poultry Gravy Mix, cream, vegetables and seasonings.
2. Place 8 oz. of filling in oven-proof baking dish.
3. Top with biscuits and brush biscuits with melted butter combined with half & half.
4. Bake at 300°F till warm and bubbly.

Spicy Quinoa Chili

Servings: 25

Serving size: 8 oz.

INGREDIENTS

2 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
 2 lbs Red and Green Bell Peppers, diced
 1 lb Poblano Peppers
 1 lb Sweet Yellow Onion, diced
 64 oz Tomatoes in Juice, diced
 32 oz Spicy Tomato Juice
 32 oz Pinto Beans, cooked
 1 c Chili Powder
 ½ c Cumin Powder
 2 T Garlic Powder
 3 T Extra Virgin Olive Oil



PREPARATION

1. Sauté diced peppers and onion in EVOO; drain pinto beans. Add 4 oz. of water to 2.5 lbs. of Precooked Brown Rice & Quinoa Blend. Heat until tender.
2. Combine all other ingredients and simmer for 30 minutes until thick. Adjust seasoning to taste.
3. Serve 8 oz. of Spicy Quinoa Chili with fresh-baked cornbread muffin or French bread.

Superfood Stir-Fry with Chicken Strips and Sweet Chili Sauce

Servings: 25

Serving size: 8 oz. of superfood stir-fry with 4 oz. of grilled chicken and sweet chili sauce

INGREDIENTS

- 13 lbs Cross Valley Farms® Superfood Salad
- 7 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- 1/2 T Sesame Oil
- 1 qt Sweet Chili Sauce
- 1 qt Monarch® Stir Fry Base



PREPARATION

1. Sauté 4 oz. of Premium Chicken Breast Strips in sesame oil until fully heated.
2. Add 8 oz. of Superfood Salad and sauté until tender.
3. Finish by adding 1.5 oz. of sweet chili sauce and 1.5 oz. of Stir Fry Base per portion.

Toasted Ancient Grainwich with Lox and Greek Yogurt Cream Cheese

Servings: 25

Serving size: 1 sandwich

INGREDIENTS

- 25 ea Hilltop Hearth® Ancient Grainwich
- 1 1/2 lbs Glenview Farms® Greek Yogurt Cream Cheese
- 2 1/2 lbs Smoked Salmon/Lox
- 4 T Capers
- 1 lb Red Onions, shaved

PREPARATION

1. Toast Ancient Grainwich; spread top and bottom bun with Greek Yogurt Cream Cheese.
2. Top sandwich with 2 oz. of smoked salmon, 1 tsp. capers and thinly shaved red onions.
3. Serve sliced fresh tomatoes or fresh fruit cup on the side.



Turkey Bacon Panini

Servings: 1

Serving size: 1 panini

INGREDIENTS

- 1 ea Chef's Line® Traditional Tandoori Naan
- 3 oz Jennie-O® Natural Turkey Breast, shaved
- 3 ea Patuxent Farms® Lower Sodium Bacon Slices
- 1 oz Iceberg Lettuce, shaved
- ½ oz Monarch® White Balsamic Vinaigrette with Lime & Basil

PREPARATION

1. Cut Traditional Tandoori Naan in half. Place Natural Turkey Breast and Lower Sodium Bacon on one side. Top with other half of naan.
2. Place on panini grill or griddle. Heat thoroughly and remove.
3. Open naan and add shaved iceberg lettuce and White Balsamic Vinaigrette with Lime & Basil.
4. Optional: Add cheese of choice for melty goodness.
5. Put naan back together; slice in half and serve.



Whole-Grain Stuffed Mushroom Caps

Servings: 20

INGREDIENTS

- 1 c Water
- 4 oz Chef's Line® Precooked Brown Rice & Quinoa Blend
- 20 ea Mushroom Caps
- ½ t Salt
- ¼ t Black Pepper
- ½ c Cannellini Beans
- ½ t Garlic, minced
- ¼ c Red Onion
- ½ c Bell Peppers, diced
- ½ c Mushrooms, diced
- ½ t Fresh Parsley
- ½ t Lemon Juice



PREPARATION

1. Bring water to boil and prepare Precooked Brown Rice & Quinoa Blend according to package instructions. Chill.
2. Wash mushrooms and remove stems and gills. Place caps on sheet pan and roast at 400°F for 4 minutes.
3. Purée cannellini beans to form a paste. Add salt and pepper, and blend again.
4. Heat nonstick sauté pan and lightly sauté garlic and onions in oil. Add bell peppers and mushrooms, and sauté for 1 minute. Remove from heat and cool. Then chill.
5. Toss together chilled grains and vegetables. Add puréed bean paste, parsley and lemon juice.
6. Form balls to stuff into each mushroom cap. Bake at 400°F for 5–10 minutes until reaching an internal temperature of 140°F. Serve warm.

NUTRITIONALS

Alaskan Sole Panzanella Salad

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578274	Recipe Total	351.69	16.12	136.39	14.92	3.04	0.08	43.03	759.81	39.64	4.36	9.88
9799636	SOLE, FLOUR DSTD 3-4 Z FIL RAW	174.01	12.76	69.6	8.12	1.74	0.0	40.6	324.82	12.76	1.16	1.16
9326570	GARLIC, WHT WHL CLOVE PLD PLST	2.13	0.43	0.0	0.0	0.0	0.0	0.0	0.0	0.43	0.0	0.0
4732616	PEPPER, BELL RED FRESH REF	6.90	0.23	0.0	0.0	0.0	0.0	0.0	0.0	1.61	0.46	0.92
4332003	ONION, RED JMB 3" + BOX FRESH	12.10	0.33	0.3	0.03	0.01	0.0	0.0	1.21	2.82	0.51	1.28
4732541	ZUCCHINI, GRN FRESH REF SQSH	19.92	0.36	0.0	0.0	0.0	0.0	0.0	1.42	5.34	1.07	-
9277427	BREAD, FCCIA 1/4 SHT PARBK FZN	28.80	0.8	3.2	0.32	0.0	0.0	0.0	68.8	5.12	0.16	0.0
8858276	TOMATO, ASST HERLM MINI FRESH	14.88	0.0	0.0	0.0	0.0	0.0	0.0	7.2	3.36	0.96	0.0
4326401	BASIL, FRESH HERB	0.80	0.12	0.0	0.0	0.0	0.0	0.0	0.12	0.08	0.04	0.0
3330008	DRESSING, VNGR BALSVC TFF	80.00	0.0	56.0	5.6	0.8	0.08	0.0	304.0	8.0	0.0	6.4
3587573	CHEESE, PARM SHRD BAG REF IMP	12.15	1.09	7.29	0.85	0.49	0.0	2.43	52.24	0.12	0.0	0.12

Asian Super Slaw

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
571703	Recipe Total	143.14	3.46	33.21	3.87	0.53	0.0	0.0	96.2	26.56	5.12	18.14
9826181	COLESLAW MIX, KOLRBI BRSL SPRT	51.23	3.42	0.0	0.0	0.0	0.0	0.0	51.23	10.25	5.12	3.42
4265971	SAUCE, SOY B-I-B SHLF STABL	0.24	0.04	0.02	0.0	0.0	-	0.0	25.33	0.02	0.0	0.0
6010243	JUICE, LMN CNCNT PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2328722	OIL, CNOLA TFF SALAD	3.24	0.0	3.24	0.38	0.03	0.0	0.0	0.0	0.0	0.0	0.0
760306	SPICE, GNGR GRND PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7267545	VINEGAR, WINE RICE UNSSN	3.27	0.0	0.0	0.0	0.0	0.0	0.0	19.64	0.65	0.0	0.0
3737327	HONEY, CLVR PLST JUG SHLF	55.21	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.64	0.0	14.72
4031365	OIL, SESME IMP TIN	29.95	0.0	29.95	3.49	0.5	0.0	0.0	0.0	0.0	0.0	0.0
7961493	SPICE, SESME SEED WHL PLST	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Asian Superfood Salad with Mandarin Segments and Sesame

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578276	Recipe Total	1217.23	31.87	675.89	74.87	7.28	0.0	0.0	4941.56	121.11	15.58	71.56
3783982	ALMOND, SLCD BLNCHD SHL OFF	460.80	17.28	374.4	40.32	2.88	0.0	0.0	28.8	17.28	8.64	2.88
1333814	ORANGE, MDN BRKN SGMNT IN LS	76.98	0.86	0.0	0.0	0.0	0.0	0.0	8.55	19.67	0.86	18.82
6133060	DRESSING, ASIAN SESME PLST JAR	329.99	0.0	146.66	16.5	1.83	0.0	0.0	1173.29	44.0	0.0	33.0
4265971	SAUCE, SOY B-I-B SHLF STABL	35.20	5.41	3.41	0.38	0.05	-	0.0	3647.67	3.27	0.53	0.27
4031365	OIL, SESME IMP TIN	151.42	0.0	151.42	17.67	2.52	0.0	0.0	0.0	0.0	0.0	0.0
3737327	HONEY, CLVR PLST JUG SHLF	51.84	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.69	0.0	13.82
7299640	SALAD MIX, SPR FOOD W/ KALE	111.00	8.32	0.0	0.0	0.0	0.0	0.0	83.25	22.2	5.55	2.77

BBQ Chicken Strip Flat Bread

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578287	Recipe Total	699.01	42.28	199.97	23.24	9.72	0.0	52.11	1725.94	82.91	3.55	6.31
3680942	CHICKEN, STRIP BRST MEAT .5"	86.45	16.33	19.21	1.92	0.96	0.0	0.96	100.86	0.96	0.0	-
3934320	BREAD, FLAT NAAN TANDR 4.4 Z	369.22	10.98	89.81	10.98	2.49	0.0	14.97	838.24	58.88	2.99	3.99
9910100	SAUCE, BBQ CRLNA PLST JUG SHLF	75.43	0.0	0.0	0.0	0.0	0.0	0.0	282.85	18.86	0.0	-
7332372	CHEESE, MOZZ SHRD FTHR LMPS	92.17	8.82	51.89	5.78	3.67	0.0	23.22	224.62	1.01	0.0	0.41
4332003	ONION, RED JMB 3" + BOX FRESH	7.26	0.2	0.18	0.02	0.01	0.0	0.0	0.73	1.69	0.31	0.77
4732624	PEPPER, BELL GRN FRESH REF	3.68	0.12	0.0	0.0	0.0	0.0	0.0	0.0	0.86	0.25	0.49
761072	SPICE, PPR RED CRSD PLST JUG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3587573	CHEESE, PARM SHRD BAG REF IMP	64.80	5.83	38.88	4.54	2.59	0.0	12.96	278.64	0.65	0.0	0.65

Chicken, Spinach and Mushroom Strata with Kale Pesto

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
576711	Recipe Total	277.89	26.79	84.53	9.39	3.33	0.0	18.41	678.05	21.08	2.6	6.48
5791643	ROLL, 9 GRAIN W/ OAT TOP SLCD	66.53	2.49	10.39	1.04	0.0	0.0	0.0	91.47	12.47	1.66	0.83
7331960	MUSHROOM, SLCD 1/4" CLND #1	5.75	0.86	0.0	0.0	0.0	0.0	0.0	4.31	0.86	0.29	0.0
3680942	CHICKEN, STRIP BRST MEAT .5"	30.02	5.67	6.67	0.67	0.33	0.0	0.33	35.02	0.33	0.0	-
3011822	ONION, YLW JMB 3" + BOX FRESH	4.99	0.14	0.12	0.01	0.0	0.0	0.0	0.5	1.17	0.21	0.53
8203448	SAUCE, PESTO KALE W/O NUT TUB	31.49	0.33	28.17	3.31	0.33	0.0	0.83	21.54	0.5	0.17	-
7332067	EGG, LIQ SUB MIX CH/FR FT/FR	51.15	10.23	0.0	0.0	0.0	0.0	0.0	153.46	0.0	0.0	0.0
762047	MILK, 2% REDUC FAT CRRG B-I-B	49.09	3.27	18.41	2.05	1.23	0.0	8.18	51.14	4.91	0.0	4.91
760355	SPICE, NUTMG GRND PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
6329924	SALT, TABLE IODZ BAG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	223.02	0.0	0.0	0.0
760447	SPICE, PPR BLK GRND CORSE	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7332372	CHEESE, MOZZ SHRD FTHR LMPS	36.00	3.44	20.27	2.26	1.43	0.0	9.07	87.74	0.39	0.0	0.16
4425690	SPINACH, BABY FLAT LEAF PILO	2.87	0.36	0.5	0.05	0.01	0.0	0.0	9.85	0.45	0.27	0.05

Chicken Salad with Brown Rice and Quinoa

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
576712	Recipe Total	353.50	28.33	104.46	11.03	3.16	0.0	4.21	215.75	36.33	4.41	1.81
3680942	CHICKEN, STRIP BRST MEAT .5"	115.27	21.77	25.61	2.56	1.28	0.0	1.28	134.48	1.28	0.0	-
8750784	RICE, BRN W/ QUINOA RED CKD	155.52	3.24	32.4	3.24	0.65	0.0	0.0	12.96	28.51	2.59	0.0
4788055	CUCUMBER, #1 GRD CTN FRESH REF	3.67	0.37	0.0	0.0	0.0	0.0	0.0	0.0	0.73	0.37	0.37
778423	SPICE, DILL WEED PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7299640	SALAD MIX, SPR FOOD W/ KALE	17.08	1.28	0.0	0.0	0.0	0.0	0.0	12.81	3.42	0.85	0.43
5973540	DRESSING, VNGRT RED WINE LIGHT	4.54	0.0	3.4	0.38	0.04	0.0	0.0	21.92	0.23	0.0	0.15
8203448	SAUCE, PESTO KALE W/O NUT TUB	18.90	0.2	16.91	1.99	0.2	0.0	0.5	12.93	0.3	0.1	-
3739562	PINE NUT, WHL RAW UNSLTD ORGNC	23.94	0.5	17.64	1.89	0.5	0.0	0.0	0.0	1.13	0.5	0.13
3384068	CHEESE, CRM GREEK YOGRT LOAF	14.58	0.97	8.5	0.97	0.49	0.0	2.43	20.65	0.73	0.0	0.73
6010243	JUICE, LMN CNCNT PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Chicken Strip Fajitas

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578286	Recipe Total	425.59	29.58	110.74	12.22	5.79	0.0	12.99	1288.71	50.55	4.55	8.45
3680942	CHICKEN, STRIP BRST MEAT .5"	115.27	21.77	25.61	2.56	1.28	0.0	1.28	134.48	1.28	0.0	-
4064184	SEASONING, FJTA MRND PWDR PLST	0.00	0.0	0.0	0.0	0.0	0.0	0.0	500.28	0.0	0.0	0.0
4732624	PEPPER, BELL GRN FRESH REF	7.36	0.25	0.0	0.0	0.0	0.0	0.0	0.0	1.72	0.49	0.98
3011822	ONION, YLW JMB 3"+ BOX FRESH	14.51	0.4	0.36	0.04	0.01	0.0	0.0	1.45	3.39	0.62	1.54
2823235	TORTILLA, FLOUR 10" PRSSD SHLF	209.63	5.99	44.92	4.99	2.0	0.0	0.0	459.18	35.94	2.99	1.0
8704108	SALSA, MED PLST TUB REF FRESH	12.96	-	0.0	-	-	0.0	-	142.56	2.59	-	2.59
7010101	SOUR CREAM, CLTD LIGHT BLND	46.82	1.17	29.26	3.51	2.34	0.0	11.71	46.82	3.51	0.0	2.34
4667994	LIME, 48 CT 200 SZ FRESH REF	4.51	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.13	0.45	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	9.60	0.0	9.6	1.12	0.16	0.0	0.0	0.0	0.0	0.0	0.0
8332165	CILANTRO, FRESH HERB	4.93	0.0	0.99	0.0	0.0	0.0	0.0	3.94	0.99	0.0	0.0

Deviled Eggs with Low-Sodium Crispy Bacon Topping

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578269	Recipe Total	463.88	26.04	328.99	37.63	9.4	0.0	694.71	889.78	3.79	0.0	0.0
4185971	MAYONNAISE, LIGHT 100% CAGEFRE	132.60	0.0	113.66	13.26	1.89	0.0	0.0	492.52	3.79	0.0	0.0
1332113	PARSLEY, ITLN FLAT LEAF FRESH	0.04	0.0	0.0	0.0	0.0	0.0	0.0	0.07	0.0	0.0	-
8848087	EGG, SHL LG WHT PSTRD TRAY PK	257.19	22.04	165.33	18.37	5.51	0.0	679.71	257.19	0.0	0.0	0.0
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
6353403	SPICE, PPR WHT GRND PLST SHKR	4.05	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Double the Bacon BLT Sandwich on Sourdough

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
576713	Recipe Total	490.60	21.69	83.35	9.34	2.0	0.0	15.0	1090.83	84.46	4.35	9.38
9818576	BREAD, SDOUG 13.25" 17 SLCD	400.23	16.68	33.35	3.34	0.0	0.0	0.0	933.87	80.05	3.34	6.67
5326426	LETTUCE, ICBRG CLND & TRIMD	3.34	0.33	0.0	0.0	-	0.0	0.0	3.34	1.0	0.33	0.67
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
4373841	TOMATO, 5X6 #1 GRD RND 2 LAYR	17.03	0.68	0.0	0.0	0.0	0.0	0.0	13.62	3.41	0.68	2.04
9681875	SAUCE, AIOLI BACN PLST BTL	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Egg White Breakfast Sandwich

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
576714	Recipe Total	472.51	36.06	165.09	18.42	8.16	0.0	43.87	1010.09	41.39	5.06	8.0
8570970	EGG, LIQ WHT MIX W/ MILK PSTRD	97.55	17.07	6.1	0.61	0.0	0.0	0.0	438.96	3.66	0.0	1.22
8342016	CARROT, SHRD 1/16" FRESH	11.67	0.33	0.0	0.0	0.0	0.0	0.0	21.68	2.67	0.67	1.67
1402106	CHEESE, MTRY JK SHRD FCY REF	135.00	8.1	94.5	10.8	6.07	0.0	33.75	229.5	1.35	0.0	0.0
3384068	CHEESE, CRM GREEK YOGRT LOAF	60.75	4.05	35.44	4.05	2.02	0.0	10.12	86.06	3.04	0.0	3.04
4425690	SPINACH, BABY FLAT LEAF PILO	3.94	0.5	0.68	0.07	0.01	0.0	0.0	13.52	0.62	0.38	0.07
1945534	OIL, OLIV EX VRGN IMP ITALY	3.33	0.0	3.33	0.39	0.06	0.0	0.0	0.0	0.0	0.0	0.0
5791643	ROLL, 9 GRAIN W/ OAT TOP SLCD	160.27	6.01	25.04	2.5	0.0	0.0	0.0	220.37	30.05	4.01	2.0
3668570	SEASONING, AP GRAN ORGNC SALT	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-

Fire-Pit Mahi Sticks with Smoky Bacon

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
406424	Recipe Total	567.98	25.55	185.98	21.26	4.49	0.0	89.58	766.81	63.48	3.99	35.6
7904980	MAHI MAHI, BTRD .88 Z FIL	298.34	21.55	116.02	13.26	2.49	0.0	74.58	546.95	21.55	0.0	1.66
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
7976582	SAUCE, CRMZD TUB BALS MC ONION	199.64	0.0	19.96	2.0	0.0	0.0	0.0	79.86	41.93	3.99	33.94

Flour Dusted Alaskan Sole Tostadas

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578288	Recipe Total	477.59	16.66	208.21	24.39	3.95	0.0	40.6	1391.84	47.26	5.96	13.64
9799636	SOLE, FLOUR DSTD 3-4 Z FIL RAW	174.01	12.76	69.6	8.12	1.74	0.0	40.6	324.82	12.76	1.16	1.16
2974970	TORTILLA, CORN YLW 6" DIE CUT	60.06	1.2	6.01	0.8	0.0	0.0	0.0	2.0	12.01	0.8	0.0
8704108	SALSA, MED PLST TUB REF FRESH	38.88	-	0.0	-	-	0.0	-	427.67	7.78	-	7.78
9826181	COLESLAW MIX, KOLRBI BRSL SPRT	38.42	2.56	0.0	0.0	0.0	0.0	0.0	38.42	7.68	3.84	2.56
577272	Lemon Pepper Aioli	166.22	0.14	132.6	15.47	2.21	0.0	0.0	598.93	7.03	0.16	2.14

Fried Green Tomato and Smoky Ghost Pepper Jack Sandwich

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577273	Recipe Total	1324.16	42.76	501.89	57.84	16.83	0.0	156.25	1173.21	163.17	7.13	12.12
1616168	ROLL, CIBAT 3.75" SQ SLCD TFF	240.00	7.0	15.0	2.0	0.0	0.0	0.0	450.0	47.0	2.0	2.0
990416	OIL, CNOLA OLIV EX VRGN 75/25	233.28	0.0	233.28	27.22	1.94	0.0	0.0	0.0	0.0	0.0	0.0
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
7955644	CHEESE, PPR JK GHOST SMOKY	222.75	14.17	162.0	18.22	12.15	0.0	50.62	303.74	2.02	0.0	-
7059793	CRUMB, BRD PANKO PLN CORSE BAG	399.16	10.89	18.14	1.81	0.0	0.0	0.0	145.15	87.09	3.37	7.26
1355544	TOMATO, 6X6 GRN RND BULK FRESH	16.47	0.86	1.43	0.14	0.01	0.0	0.0	9.31	3.65	0.79	2.86
4999470	SALT, KO GRND CORSE BOX	0.00	0.0	0.0	0.0	0.0	0.0	0.0	90.72	0.0	0.0	0.0
760447	SPICE, PPR BLK GRND CORSE	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8848087	EGG, SHL LG WHT PSTRD TRAY PK	34.29	2.94	22.04	2.45	0.73	0.0	90.63	34.29	0.0	0.0	0.0
4341632	FLOUR, HOTEL & RSTNT AP	106.44	2.9	0.0	0.0	0.0	0.0	0.0	0.0	21.29	0.97	0.0
2501161	SPICE, GRCL PWDR PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.12	0.0	0.0
760587	SPICE, PPKA SPN GRND PLST SHKR	1.77	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Ginger Chicken Stir-Fry with Rice Noodles

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578279	Recipe Total	453.75	33.04	111.66	12.22	2.82	0.0	1.65	1268.21	50.97	2.85	8.32
3680942	CHICKEN, STRIP BRST MEAT .5"	148.88	28.12	33.09	3.31	1.65	0.0	1.65	173.7	1.65	0.0	-
6107216	SAUCE, STIR FRY NO HFCS & MSG	25.24	0.0	0.0	0.0	0.0	0.0	0.0	353.31	7.57	0.0	5.05
1001445	NOODLE, RICE SHLF STABL PASTA	252.72	3.89	68.04	7.78	0.97	0.0	0.0	738.71	38.88	1.94	1.94
4025219	GINGER ROOT, FRESH REF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-
1327857	VEGETABLE BLEND, STIR FRY IMP	14.94	0.85	0.0	0.0	0.0	0.0	0.0	2.13	2.56	0.85	1.28
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.71	0.14	0.0	0.0	0.0	0.0	0.0	0.0	0.14	0.0	0.0
7637705	OIL, RICE BRAN DMSTC	10.53	0.0	10.53	1.13	0.2	0.0	0.0	0.0	0.0	0.0	0.0
7961493	SPICE, SESME SEED WHL PLST	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1326438	ONION, GRN TRIMD ICELS FRESH	0.73	0.04	0.0	0.0	0.0	0.0	0.0	0.36	0.17	0.06	0.05

Grilled Chicken Breast with Kale Pesto-Dressed Brown Rice and Quinoa

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577274	Recipe Total	414.75	28.35	129.57	14.04	2.87	0.0	2.92	278.6	45.79	5.02	2.16
8203448	SAUCE, PESTO KALE W/O NUT TUB	60.48	0.64	54.11	6.37	0.64	0.0	1.59	41.38	0.95	0.32	-
8750784	RICE, BRN W/ QUINOA RED CKD	186.62	3.89	38.88	3.89	0.78	0.0	0.0	15.55	34.21	3.11	0.0
3680942	CHICKEN, STRIP BRST MEAT .5"	120.07	22.68	26.68	2.67	1.33	0.0	1.33	140.08	1.33	0.0	-
7025216	SHALLOT, FRESH REF	0.82	0.03	0.01	0.0	0.0	0.0	0.0	0.14	0.19	0.03	0.1
5377965	SQUASH, BTRNUT FRESH REF	9.96	0.18	0.0	0.0	0.0	0.0	0.0	0.71	2.67	0.53	-
4732616	PEPPER, BELL RED FRESH REF	7.36	0.25	0.0	0.0	0.0	0.0	0.0	0.0	1.72	0.49	0.98
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.71	0.14	0.0	0.0	0.0	0.0	0.0	0.0	0.14	0.0	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	7.20	0.0	7.2	0.84	0.12	0.0	0.0	0.0	0.0	0.0	0.0
6330146	CORN, WHL KRNL GLDN	21.53	0.54	2.69	0.27	0.0	0.0	0.0	80.74	4.58	0.54	1.08
3668570	SEASONING, AP GRAN ORGNC SALT	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-

Grilled Chicken Breast with Greek Spaghetti Squash Casserole

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577275	Recipe Total	351.50	25.78	60.14	6.84	2.59	0.01	64.55	379.17	37.3	6.06	16.56
5874839	CHICKEN, BRST SL 3Z BLSL RAW	96.96	18.03	19.56	2.2	0.48	0.01	54.43	98.66	0.0	0.0	0.0
4010534	SQUASH, SPAG FRESH REF	145.38	0.0	0.0	0.0	0.0	0.0	0.0	87.23	23.26	5.82	11.63
3384068	CHEESE, CRM GREEK YOGRT LOAF	60.75	4.05	35.44	4.05	2.02	0.0	10.12	86.06	3.04	0.0	3.04
6010243	JUICE, LMN CNCNT PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	5.00	0.0	5.0	0.58	0.08	0.0	0.0	0.0	0.0	0.0	0.0
4332003	ONION, RED JMB 3" + BOX FRESH	5.67	0.16	0.14	0.01	0.01	0.0	0.0	0.57	1.32	0.24	0.6
9326570	GARLIC, WHT WHL CLOVE PLD PLST	17.72	3.54	0.0	0.0	0.0	0.0	0.0	0.0	3.54	0.0	0.0
2032944	SPICE, TRRGN LEAF DRIED SHLF	7.13	0.0	0.0	0.0	0.0	0.0	0.0	3.56	3.56	0.0	0.0
2532703	BASE, VEG STOCK SHLF STABL	12.89	0.0	0.0	0.0	0.0	0.0	0.0	103.09	2.58	0.0	1.29

Grilled Chicken Kale Pesto Penne Pasta Bake

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578282	Recipe Total	432.46	33.33	123.97	13.91	4.03	0.0	13.7	878.97	46.42	5.84	5.14
8203448	SAUCE, PESTO KALE W/O NUT TUB	60.48	0.64	54.11	6.37	0.64	0.0	1.59	41.38	0.95	0.32	-
9330168	BEAN, GBZO FCY CND BRINE W/O	19.54	0.7	1.4	0.14	0.0	0.0	0.0	61.41	2.79	0.56	0.14
9326570	GARLIC, WHT WHL CLOVE PLD PLST	1.42	0.28	0.0	0.0	0.0	0.0	0.0	0.0	0.28	0.0	0.0
1250505	WINE, CKG CHABL IMP FRNCE GLS	10.00	0.0	0.0	0.0	0.0	0.0	0.0	190.0	3.0	0.0	0.0
3680942	CHICKEN, STRIP BRST MEAT .5"	115.27	21.77	25.61	2.56	1.28	0.0	1.28	134.48	1.28	0.0	-
1945534	OIL, OLIV EX VRGN IMP ITALY	7.20	0.0	7.2	0.84	0.12	0.0	0.0	0.0	0.0	0.0	0.0
8900615	PASTA, PENNE RIGTE WHL WHEAT	116.64	4.54	6.48	0.65	0.0	0.0	0.0	0.0	26.57	3.89	1.3
7331960	MUSHROOM, SLCD 1/4" CLND #1	4.32	0.65	0.0	0.0	0.0	0.0	0.0	3.24	0.65	0.22	0.0
4732566	SQUASH, YLW FRESH REF	9.96	0.18	0.0	0.0	0.0	0.0	0.0	0.71	2.67	0.53	-
8858276	TOMATO, ASST HERLM MINI FRESH	4.96	0.0	0.0	0.0	0.0	0.0	0.0	2.4	1.12	0.32	0.0
2532703	BASE, VEG STOCK SHLF STABL	32.99	0.0	0.0	0.0	0.0	0.0	0.0	263.91	6.6	0.0	3.3
3587573	CHEESE, PARM SHRD BAG REF IMP	32.40	2.92	19.44	2.27	1.3	0.0	6.48	139.32	0.32	0.0	0.32
7332372	CHEESE, MOZZ SHRD FTHR LMPS	17.28	1.65	9.73	1.08	0.69	0.0	4.35	42.12	0.19	0.0	0.08

Grilled Vegetable Panini on Ancient Grainwich

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578284	Recipe Total	465.68	20.68	218.92	24.36	7.05	0.0	31.36	940.8	43.89	7.87	4.84
4732616	PEPPER, BELL RED FRESH REF	3.68	0.12	0.0	0.0	0.0	0.0	0.0	0.0	0.86	0.25	0.49
2554244	HUMMUS, PLN TUB REF	48.60	2.43	28.35	2.83	0.4	0.0	0.0	194.4	4.86	1.62	1.62
9419516	CHEESE, PROV SLCD .75 Z TWIN	151.87	10.63	106.31	12.15	6.07	0.0	30.37	364.49	0.0	0.0	0.0
4788295	ZUCCHINI, GRN MED FRESH REF	9.96	0.18	0.0	0.0	0.0	0.0	0.0	0.71	2.67	0.53	-
4788154	SQUASH, YLW MED FRESH REF	9.96	0.18	0.0	0.0	0.0	0.0	0.0	0.71	2.67	0.53	-
2791556	MUSHROOM, PORTB SLCD 1/4"	43.54	0.73	25.4	2.9	0.18	0.0	0.0	134.26	2.18	0.73	0.73
5791643	ROLL, 9 GRAIN W/ OAT TOP SLCD	160.27	6.01	25.04	2.5	0.0	0.0	0.0	220.37	30.05	4.01	2.0
8203448	SAUCE, PESTO KALE W/O NUT TUB	37.80	0.4	33.82	3.98	0.4	0.0	0.99	25.86	0.6	0.2	-

Ham, Goat Cheese and Arugula Sandwich

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577276	Recipe Total	689.45	38.39	195.47	22.16	6.54	0.02	77.5	2371.45	60.64	5.09	15.22
7978406	HAM, BNLS D-SHP NJ SMK REF LS	121.50	20.25	33.75	4.05	1.35	0.0	67.5	715.49	2.7	0.0	2.7
3544681	ARUGULA, FRESH REF GRN	10.01	0.67	0.0	0.0	0.0	0.0	0.0	23.35	1.33	0.67	0.67
6283097	CHEESE, CHEVR LOG DMSTC GOAT	70.00	4.0	50.0	6.0	4.0	0.0	10.0	130.0	1.0	0.0	1.0
207498	BREAD, WHEAT BRRY 17 SLCD LOAF	337.69	13.13	37.52	4.69	0.94	0.0	0.0	600.34	39.4	3.75	7.5
4373841	TOMATO, 5X6 #1 GRD RND 2 LAYR	8.51	0.34	0.0	0.0	0.0	0.0	0.0	6.81	1.7	0.34	1.02
8710584	CUCUMBER, LG ENG SDLES HOT	3.34	-	0.0	-	-	-	-	6.67	0.67	0.33	0.33
3330008	DRESSING, VNGR T BALS MC TFF	25.00	0.0	17.5	1.75	0.25	0.02	0.0	95.0	2.5	0.0	2.0
7330202	MUSTARD, DJON WHL GRAIN CAN	113.40	0.0	56.7	5.67	0.0	0.0	0.0	793.79	11.34	0.0	0.0

Hot Brown Sandwich with Brown Gravy

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578290	Recipe Total	505.35	36.0	153.05	17.28	6.39	0.0	63.6	1883.58	51.98	1.24	3.17
5047519	TURKEY, BRST BLSL CKD OVN RSTD	72.90	16.04	7.29	0.73	0.0	0.0	29.16	699.83	1.46	0.0	1.46
6752900	BUN, HMBGR PTATO 4" SLCD BKD	228.64	6.96	29.82	2.98	0.5	0.0	0.0	407.57	43.74	0.99	0.0
3587573	CHEESE, PARM SHRD BAG REF IMP	97.20	8.75	58.32	6.8	3.89	0.0	19.44	417.95	0.97	0.0	0.97
4333480	PIMIENTO, DCD CND RED IMP	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
760868	SPICE, PRSL FLK PLST JUG SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4373841	TOMATO, 5X6 #1 GRD RND 2 LAYR	6.13	0.25	0.0	0.0	0.0	0.0	0.0	4.9	1.23	0.25	0.74
573717	Monarch LS Brown Gravy	30.48	0.0	7.62	0.77	0.0	0.0	0.0	213.33	4.58	0.0	0.0

Kale Pesto Bruchetta with Goat Cheese and Charred

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578281	Recipe Total	294.60	9.83	165.19	19.44	6.58	0.0	18.07	476.97	22.61	1.79	3.45
6283097	CHEESE, CHEVR LOG DMSTC GOAT	70.00	4.0	50.0	6.0	4.0	0.0	10.0	130.0	1.0	0.0	1.0
3384068	CHEESE, CRM GREEK YOGRT LOAF	38.88	2.59	22.68	2.59	1.3	0.0	6.48	55.08	1.94	0.0	1.94
8203448	SAUCE, PESTO KALE W/O NUT TUB	60.48	0.64	54.11	6.37	0.64	0.0	1.59	41.38	0.95	0.32	-
7579378	BREAD, BAGET FRNCH WHT 21"	71.44	2.55	0.0	0.0	0.0	0.0	0.0	168.4	15.31	0.51	0.51
8858276	TOMATO, ASST HERLM MINI FRESH	14.88	0.0	0.0	0.0	0.0	0.0	0.0	7.2	3.36	0.96	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	38.40	0.0	38.4	4.48	0.64	0.0	0.0	0.0	0.0	0.0	0.0
1332113	PARSLEY, ITLN FLAT LEAF FRESH	0.28	0.0	0.0	0.0	0.0	0.0	0.0	0.57	0.0	0.0	-
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.24	0.05	0.0	0.0	0.0	0.0	0.0	0.0	0.05	0.0	0.0
6329924	SALT, TABLE IODZ BAG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	74.34	0.0	0.0	0.0
760447	SPICE, PPR BLK GRND CORSE	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Kale Pesto Chicken Sandwich

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577277	Recipe Total	418.35	33.67	135.66	14.81	2.46	0.0	11.58	592.62	39.52	5.57	6.45
8203448	SAUCE, PESTO KALE W/O NUT TUB	30.24	0.32	27.06	3.18	0.32	0.0	0.8	20.69	0.48	0.16	-
9960931	MAYONNAISE, W/ OLIV OIL	54.43	0.0	42.34	4.84	0.0	0.0	6.05	114.91	2.42	0.0	1.21
3384068	CHEESE, CRM GREEK YOGRT LOAF	19.44	1.3	11.34	1.3	0.65	0.0	3.24	27.54	0.97	0.0	0.97
4725586	CELERY, STALK FRESH REF	4.95	0.0	0.0	0.0	0.0	0.0	0.0	37.94	1.32	0.66	0.66
3680942	CHICKEN, STRIP BRST MEAT .5"	134.48	25.4	29.88	2.99	1.49	0.0	1.49	156.89	1.49	0.0	-
4732616	PEPPER, BELL RED FRESH REF	2.83	0.09	0.0	0.0	0.0	0.0	0.0	0.0	0.66	0.19	0.38
3668570	SEASONING, AP GRAN ORGNC SALT	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-
5791643	ROLL, 9 GRAIN W/ OAT TOP SLCD	160.27	6.01	25.04	2.5	0.0	0.0	0.0	220.37	30.05	4.01	2.0
4373841	TOMATO, 5X6 #1 GRD RND 2 LAYR	8.51	0.34	0.0	0.0	0.0	0.0	0.0	6.81	1.7	0.34	1.02
3544681	ARUGULA, FRESH REF GRN	3.20	0.21	0.0	0.0	0.0	0.0	0.0	7.47	0.43	0.21	0.21

Low-Sodium Ham and Broccoli Crepes Mornay

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577278	Recipe Total	742.94	43.93	377.3	42.9	24.94	0.0	185.35	2188.38	41.08	2.61	3.91
7978406	HAM, BNLS D-SHP NJ SMK REF LS	91.12	15.19	25.31	3.04	1.01	0.0	50.62	536.62	2.02	0.0	2.02
4802153	SHELL, CREPE PLN FRNCH RTU 6"	97.40	2.44	42.61	4.87	0.61	0.0	33.48	57.83	10.96	0.61	1.22
1419514	CHEESE, SWIS SLCD .75 Z 3.5"	323.99	24.3	202.5	24.3	16.2	0.0	101.25	81.0	4.05	0.0	0.0
1340652	BROCCOLI, FLORT GRD A IMP IQF	16.68	2.0	0.0	0.0	0.0	0.0	0.0	16.68	2.67	2.0	0.67
8823403	MIX, SCE WHT ADD MILK TUB SHLF	213.75	0.0	106.88	10.69	7.12	0.0	0.0	1496.25	21.38	0.0	0.0

Low-Sodium Ham Cups

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577279	Recipe Total	353.88	34.58	184.73	20.85	9.84	0.0	342.23	1010.03	9.95	0.95	7.12
7978406	HAM, BNLS D-SHP NJ SMK REF LS	91.12	15.19	25.31	3.04	1.01	0.0	50.62	536.62	2.02	0.0	2.02
8571002	EGG, LIQ MIX SVY PSTRD CTN REF	160.00	11.0	100.0	11.0	5.0	0.0	270.0	340.0	4.0	0.0	3.0
1778901	MILK, 1% LOW FAT CTN REF	11.34	0.91	2.27	0.28	0.17	0.0	1.36	13.61	1.36	0.0	1.25
30916	CHEESE, SWIS SHRD FTHR BAG REF	81.00	6.48	56.7	6.48	3.64	0.0	20.25	44.55	0.81	0.0	0.0
2372308	ASPARAGUS, GRN FRESH REF	9.07	1.0	0.45	0.05	0.02	0.0	0.0	0.91	1.76	0.95	0.85
6329924	SALT, TABLE IODZ BAG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	74.34	0.0	0.0	0.0
6353403	SPICE, PPR WHT GRND PLST SHKR	1.35	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
760355	SPICE, NUTMG GRND PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Mediterranean Chicken Salad Napoleon with Ancient Grains

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577280	Recipe Total	376.52	28.47	102.91	10.86	3.14	0.0	4.21	214.85	42.87	4.55	7.94
3680942	CHICKEN, STRIP BRST MEAT .5"	115.27	21.77	25.61	2.56	1.28	0.0	1.28	134.48	1.28	0.0	-
8750784	RICE, BRN W/ QUNOA RED CKD	155.52	3.24	32.4	3.24	0.65	0.0	0.0	12.96	28.51	2.59	0.0
4788055	CUCUMBER, #1 GRD CTN FRESH REF	3.67	0.37	0.0	0.0	0.0	0.0	0.0	0.0	0.73	0.37	0.37
778423	SPICE, DILL WEED PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7299640	SALAD MIX, SPR FOOD W/ KALE	17.08	1.28	0.0	0.0	0.0	0.0	0.0	12.81	3.42	0.85	0.43
5973540	DRESSING, VNGRT RED WINE LIGHT	2.47	0.0	1.85	0.21	0.02	0.0	0.0	11.93	0.12	0.0	0.08
8203448	SAUCE, PESTO KALE W/O NUT TUB	18.90	0.2	16.91	1.99	0.2	0.0	0.5	12.93	0.3	0.1	-
3739562	PINE NUT, WHL RAW UNSLTD ORGNC	23.94	0.5	17.64	1.89	0.5	0.0	0.0	0.0	1.13	0.5	0.13
1333814	ORANGE, MDN BRKN SGMT IN LS	12.83	0.14	0.0	0.0	0.0	0.0	0.0	1.43	3.28	0.14	3.14
1872746	SAUCE, BALSMC GLAZ POUCH SHLF	12.26	0.0	0.0	0.0	0.0	0.0	0.0	7.66	3.37	0.0	3.06
3384068	CHEESE, CRM GREEK YOGRT LOAF	14.58	0.97	8.5	0.97	0.49	0.0	2.43	20.65	0.73	0.0	0.73
6010243	JUICE, LMN CNCNT PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Mini Greek Yogurt Cream Cheese and Berry Parfaits

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578285	Recipe Total	183.51	8.42	87.8	10.1	6.81	0.0	24.83	193.33	16.4	0.9	14.31
3384068	CHEESE, CRM GREEK YOGRT LOAF	38.88	2.59	22.68	2.59	1.3	0.0	6.48	55.08	1.94	0.0	1.94
6283097	CHEESE, CHEVR LOG DMSTC GOAT	70.00	4.0	50.0	6.0	4.0	0.0	10.0	130.0	1.0	0.0	1.0
1980077	YOGURT, PLN GREEK FT/FR RBST	9.49	1.58	0.0	0.0	0.0	0.0	0.79	7.12	0.79	0.0	0.79
3331535	STRAWBERRY, CLMSHL FRESH REF	6.17	0.12	0.0	0.0	0.0	0.0	0.0	0.0	1.36	0.25	0.99
3737640	HONEY, CLVR PLST JUG SHLF	25.92	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.34	0.0	6.91
8168841	BLUEBERRY, FRESH REF	10.37	0.13	0.0	0.0	0.0	0.0	0.0	0.0	2.46	0.65	1.17
2880540	TOPPING, WHPD DARY LIGHT ULTRA	22.68	0.0	15.12	1.51	1.51	0.0	7.56	0.0	1.51	0.0	1.51
1331362	MINT, FRESH HERB	0.00	0.0	0.0	0.0	0.0	0.0	0.0	1.13	0.0	0.0	0.0

Modern Super Slaw

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577281	Recipe Total	547.72	15.96	268.29	31.22	4.94	0.0	31.55	2332.65	54.5	22.28	24.23
9826181	COLESLAW MIX, KOLRBI BRSL SPRT	213.24	14.22	0.0	0.0	0.0	0.0	0.0	213.24	42.65	21.32	14.22
1328152	MAYONNAISE, DLX REAL PLST JUG	252.55	0.0	252.55	27.78	3.79	0.0	25.25	252.55	0.0	0.0	0.0
2739175	SOUR CREAM, CLTD ALL NTRL TUB	18.89	0.31	15.74	1.57	1.1	0.0	6.3	6.3	0.63	0.0	0.63
2507135	SUGAR, WHT GRAN CANE B-I-B	35.11	0.0	0.0	0.0	0.0	0.0	0.0	0.09	9.07	0.0	9.05
1328335	VINEGAR, DSTLD WHT DMSTC 50	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8032971	SPICE, MUST GRND SHLF STABL	22.15	1.18	0.0	1.37	0.05	0.0	0.0	0.24	1.65	0.71	0.33
8032955	SPICE, CELRY SALT SHLF STABL	5.78	0.25	0.0	0.5	0.0	0.0	0.0	2.51	0.5	0.25	0.0
6329924	SALT, TABLE IODZ BAG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	1857.72	0.0	0.0	0.0
760447	SPICE, PPR BLK GRND CORSE	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Oven-Baked Chicken Cordon Bleu with Dijon Parmesan Sauce

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577282	Recipe Total	428.95	34.78	207.59	23.78	14.05	0.01	141.33	673.11	15.57	0.47	3.58
5874839	CHICKEN, BRST SL 3Z BLSL RAW	96.96	18.03	19.56	2.2	0.48	0.01	54.43	98.66	0.0	0.0	0.0
7978406	HAM, BNLS D-SHP NJ SMK REF LS	30.37	5.06	8.44	1.01	0.34	0.0	16.87	178.87	0.67	0.0	0.67
1419514	CHEESE, SWIS SLCD .75 Z 3.5"	108.00	8.1	67.5	8.1	5.4	0.0	33.75	27.0	1.35	0.0	0.0
4272779	MUSTARD, DJON PLST JAR SHLF	7.09	0.0	0.0	0.0	0.0	0.0	0.0	170.1	0.0	0.0	0.0
785493	MILK, 2% REDUC FAT CRRG PLST	29.57	1.97	9.86	1.23	0.74	0.0	4.93	29.57	2.96	0.0	2.71
4341632	FLOUR, HOTEL & RSTNT AP	51.97	1.42	0.0	0.0	0.0	0.0	0.0	0.0	10.39	0.47	0.0
899807	BUTTER, SOLID GRD AA UNSLTD	101.25	0.0	101.25	11.14	7.09	0.0	30.37	0.0	0.0	0.0	0.0
1332113	PARSLEY, ITLN FLAT LEAF FRESH	1.77	0.0	0.0	0.0	0.0	0.0	0.0	3.54	0.0	0.0	-
573718	Chicken Stock	1.97	0.2	0.98	0.1	0.0	0.0	0.98	165.37	0.2	0.0	0.2

Pasta Linguini with Kale Pesto and Roasted Mini Heirloom Tomatoes

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578280	Recipe Total	855.30	25.52	218.14	25.13	3.33	0.0	11.25	459.39	131.17	7.42	9.07
9326570	GARLIC, WHT WHL CLOVE PLD PLST	1.42	0.28	0.0	0.0	0.0	0.0	0.0	0.0	0.28	0.0	0.0
8203448	SAUCE, PESTO KALE W/O NUT TUB	181.44	1.91	162.34	19.1	1.91	0.0	4.77	124.14	2.86	0.95	-
2327807	PASTA, LGNE 10" SHLF STABLE	612.35	20.41	29.16	2.92	0.0	0.0	0.0	0.0	122.47	5.83	8.75
8858276	TOMATO, ASST HERLM MINI FRESH	9.92	0.0	0.0	0.0	0.0	0.0	0.0	4.8	2.24	0.64	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	7.20	0.0	7.2	0.84	0.12	0.0	0.0	0.0	0.0	0.0	0.0
3587573	CHEESE, PARM SHRD BAG REF IMP	32.40	2.92	19.44	2.27	1.3	0.0	6.48	139.32	0.32	0.0	0.32
1332113	PARSLEY, ITLN FLAT LEAF FRESH	0.57	0.0	0.0	0.0	0.0	0.0	0.0	1.13	0.0	0.0	-
3668570	SEASONING, AP GRAN ORGNC SALT	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-
1250505	WINE, CKG CHABL IMP FRNCE GLS	10.00	0.0	0.0	0.0	0.0	0.0	0.0	190.0	3.0	0.0	0.0

Seared Salmon with Kale Pesto-Dressed Brown Rice and Quinoa

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578299	Recipe Total	405.14	26.56	138.01	15.38	2.04	0.0	66.82	358.58	42.79	4.49	2.16
8203448	SAUCE, PESTO KALE W/O NUT TUB	60.48	0.64	54.11	6.37	0.64	0.0	1.59	41.38	0.95	0.32	-
3668570	SEASONING, AP GRAN ORGNC SALT	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-
8750784	RICE, BRN W/ QUINOA RED CKD	186.62	3.89	38.88	3.89	0.78	0.0	0.0	15.55	34.21	3.11	0.0
7025216	SHALLOT, FRESH REF	0.82	0.03	0.01	0.0	0.0	0.0	0.0	0.14	0.19	0.03	0.1
4732616	PEPPER, BELL RED FRESH REF	7.36	0.25	0.0	0.0	0.0	0.0	0.0	0.0	1.72	0.49	0.98
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.71	0.14	0.0	0.0	0.0	0.0	0.0	0.0	0.14	0.0	0.0
1945534	OIL, OLIV EX VRGN IMP ITALY	7.20	0.0	7.2	0.84	0.12	0.0	0.0	0.0	0.0	0.0	0.0
6330146	CORN, WHL KRNL GLDN	21.53	0.54	2.69	0.27	0.0	0.0	0.0	80.74	4.58	0.54	1.08
322701	SALMON, PINK 4 Z FIL BLSL CKD	120.42	21.07	35.12	4.01	0.5	0.0	65.23	220.77	1.0	0.0	0.0

Southern Chicken Pot Pie with Poultry Gravy

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578289	Recipe Total	488.11	29.35	153.38	19.26	7.96	0.0	7.01	1442.02	54.0	25.96	4.87
3680942	CHICKEN, STRIP BRST MEAT .5"	96.05	18.14	21.35	2.13	1.07	0.0	1.07	112.06	1.07	0.0	-
9328451	PEA & CARROT, DCD FZN	32.02	1.92	0.0	0.0	0.0	0.0	0.0	54.43	6.4	1.92	2.56
899807	BUTTER, SOLID GRD AA UNSLTD	4.05	0.0	4.05	0.45	0.28	0.0	1.21	0.0	0.0	0.0	0.0
2341238	CREAMER, HALF & HALF 10.5%	12.62	0.32	9.46	0.95	0.63	0.0	4.73	9.46	0.32	0.0	0.32
897868	SPICE, BASL LEAF DRIED BOX	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2501161	SPICE, GRCL PWDR PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.24	0.0	0.0
2964914	BISCUIT, BTRMLK 2.25Z QUK SPLT	199.37	8.97	89.72	9.97	5.98	0.0	0.0	488.47	22.93	1.0	1.99
578714	Monarch LS Poultry Gravy	144.00	0.0	28.8	5.76	0.0	0.0	0.0	777.6	23.04	23.04	0.0

Spicy Quinoa Chili

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578277	Recipe Total	184.10	6.45	21.07	2.25	0.4	0.0	0.0	1365.85	35.58	6.64	10.53
4732616	PEPPER, BELL RED FRESH REF	3.68	0.12	0.0	0.0	0.0	0.0	0.0	0.0	0.86	0.25	0.49
9328345	PEPPER, BELL GRN DCD FZN	5.44	0.18	0.0	0.0	0.0	0.0	0.0	0.91	1.09	0.36	0.73
2328508	TOMATO, DCD 1" IN JCE PLD CND	12.34	0.58	0.73	0.09	0.01	0.0	0.0	103.78	2.9	0.73	1.73
1945534	OIL, OLIV EX VRGN IMP ITALY	7.20	0.0	7.2	0.84	0.12	0.0	0.0	0.0	0.0	0.0	0.0
6190599	BEAN, PINTO FCY CND	27.91	1.67	0.0	0.0	0.0	0.0	0.0	125.61	5.02	1.95	0.0
8750784	RICE, BRN W/ QUINOA RED CKD	62.21	1.3	12.96	1.3	0.26	0.0	0.0	5.18	11.4	1.04	0.0
761122	SPICE, CUMIN GRND PLST JUG	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2501161	SPICE, GRCL PWDR PLST SHKR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.41	0.0	0.0
2014918	PEPPER, CHILI PBLNO FRESH REF	8.06	0.4	0.0	0.0	0.0	0.0	0.0	4.03	1.21	0.0	0.81
3011822	ONION, YLW JMB 3"+ BOX FRESH	7.26	0.2	0.18	0.02	0.01	0.0	0.0	0.73	1.69	0.31	0.77
7001969	JUICE, TMTO 100% CAN SHLF	50.00	2.0	0.0	0.0	0.0	0.0	0.0	670.0	10.0	2.0	6.0
760116	SPICE, CHILI PWDR MILD PLST	0.00	0.0	0.0	0.0	0.0	0.0	0.0	455.61	0.0	0.0	0.0

Superfood Stir-Fry with Chicken Strips and Sweet Chili Sauce

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578275	Recipe Total	355.39	33.72	29.88	2.99	1.49	0.0	1.49	1077.28	51.82	6.76	24.75
3680942	CHICKEN, STRIP BRST MEAT .5"	134.48	25.4	29.88	2.99	1.49	0.0	1.49	156.89	1.49	0.0	-
5311345	SAUCE, CHILI SWT GLS BTL SHLF	84.67	0.0	0.0	0.0	0.0	0.0	0.0	483.83	20.56	1.21	16.93
6107216	SAUCE, STIR FRY NO HFCS & MSG	25.24	0.0	0.0	0.0	0.0	0.0	0.0	353.31	7.57	0.0	5.05
7299640	SALAD MIX, SPR FOOD W/ KALE	111.00	8.32	0.0	0.0	0.0	0.0	0.0	83.25	22.2	5.55	2.77

Toasted Ancient Grainwich with Lox and Greek Yogurt Cream Cheese

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578283	Recipe Total	279.25	21.3	77.64	8.41	2.75	0.0	41.72	917.71	34.81	4.32	5.69
3384068	CHEESE, CRM GREEK YOGRT LOAF	58.32	3.89	34.02	3.89	1.94	0.0	9.72	82.62	2.92	0.0	2.92
4333597	CAPER, NPREL IMP SPAIN IN	0.60	0.0	0.0	0.0	0.0	0.0	0.0	61.99	0.15	0.0	0.0
5791643	ROLL, 9 GRAIN W/ OAT TOP SLCD	160.27	6.01	25.04	2.5	0.0	0.0	0.0	220.37	30.05	4.01	2.0
4573317	SALMON, SMKD CLD NOVA LOX 2.5	52.80	11.2	18.4	2.0	0.8	0.0	32.0	552.0	0.0	0.0	0.0
4332003	ONION, RED JMB 3" + BOX FRESH	7.26	0.2	0.18	0.02	0.01	0.0	0.0	0.73	1.69	0.31	0.77

Turkey Bacon Panini

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
578300	Recipe Total	565.33	28.98	192.46	22.71	4.72	0.0	60.34	1748.03	63.27	3.32	6.53
3934320	BREAD, FLAT NAAN TANDR 4.4 Z	369.22	10.98	89.81	10.98	2.49	0.0	14.97	838.24	58.88	2.99	3.99
2198737	TURKEY, BRST DELI SHAVN SMKD	75.94	13.67	15.19	1.52	0.0	0.0	30.37	728.99	1.52	0.0	0.0
7978364	BACON, PORK 18-22 CT LAID OUT	70.00	4.0	50.0	6.0	2.0	0.0	15.0	140.0	0.0	0.0	-
5326426	LETTUCE, ICBRG CLND & TRIMD	3.34	0.33	0.0	0.0	-	0.0	0.0	3.34	1.0	0.33	0.67
3942547	DRESSING, VNGRT BALSVC WHT W/	46.83	0.0	37.46	4.21	0.23	0.0	0.0	37.46	1.87	0.0	1.87

Whole-Grain Stuffed Mushroom Caps

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
577283	Recipe Total	124.89	9.76	2.04	0.2	0.04	0.0	0.0	205.15	21.71	6.42	0.22
10001	Water	-	-	-	-	-	-	-	-	-	-	-
8750784	RICE, BRN W/ QUNOA RED CKD	9.72	0.2	2.02	0.2	0.04	0.0	0.0	0.81	1.78	0.16	0.0
6419311	MUSHROOM, PORTB CAP 3-3 1/2"	21.60	3.24	0.0	0.0	0.0	0.0	0.0	16.2	3.24	1.08	0.0
3329885	SALT, TABLE IODZ CNSTR	0.00	0.0	0.0	0.0	0.0	0.0	0.0	46.83	0.0	0.0	0.0
760447	SPICE, PPR BLK GRND CORSE	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2894020	BEAN, CANLNI LOW SDM TFF CND	90.00	6.0	0.0	0.0	0.0	0.0	0.0	140.0	16.0	5.0	0.0
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.15	0.03	0.0	0.0	0.0	0.0	0.0	0.0	0.03	0.0	0.0
4332003	ONION, RED JMB 3" + BOX FRESH	0.90	0.02	0.02	0.0	0.0	0.0	0.0	0.09	0.21	0.04	0.1
4732624	PEPPER, BELL GRN FRESH REF	0.89	0.03	0.0	0.0	0.0	0.0	0.0	0.0	0.21	0.06	0.12
7331960	MUSHROOM, SLCD 1/4" CLND #1	1.62	0.24	0.0	0.0	0.0	0.0	0.0	1.21	0.24	0.08	0.0
1332113	PARSLEY, ITLN FLAT LEAF FRESH	0.01	0.0	0.0	0.0	0.0	0.0	0.0	0.01	0.0	0.0	-
6010243	JUICE, LMN CNCNT PLST SHLF	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0





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